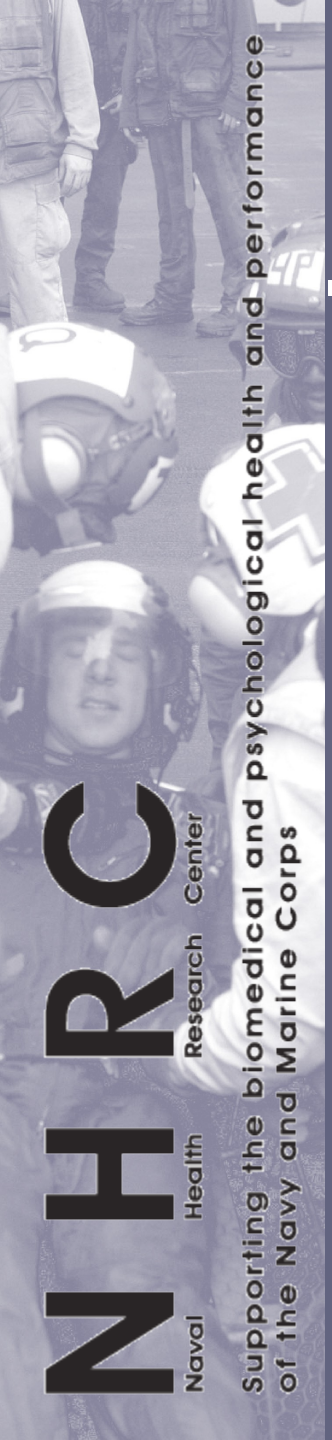
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Behavioral Science and Epidemiology Program

Health Promotion Efforts

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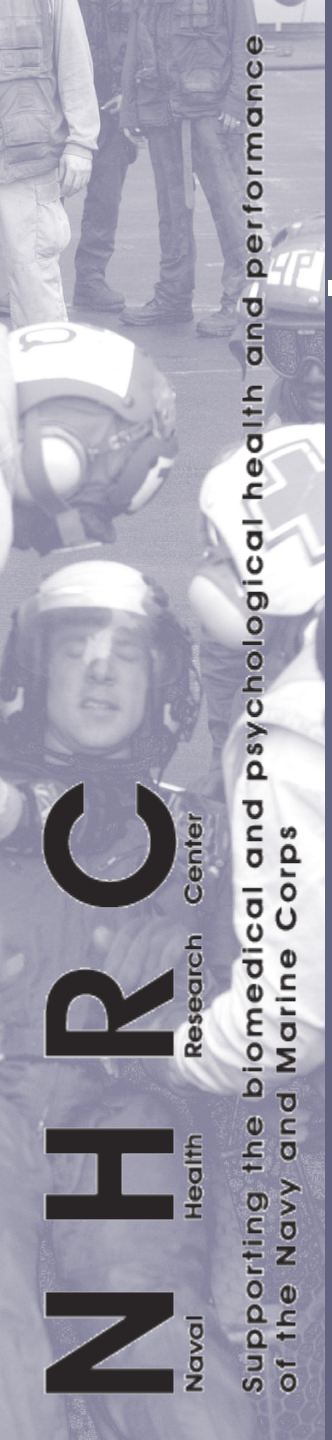
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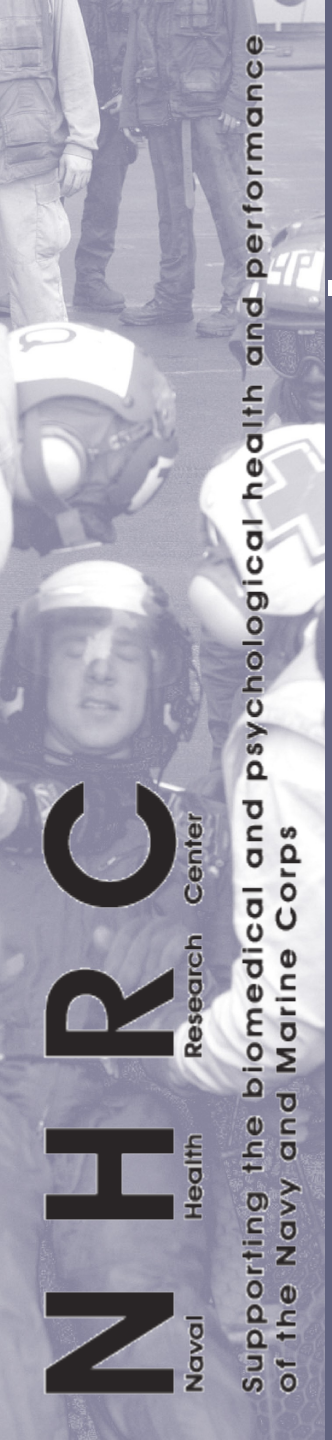
Health Promotion

- Work with military organizations to improve health of individuals, groups
- Individual health risks
  - Alcohol use
  - Tobacco use
  - Drug use
  - Other areas: nutrition, exercise, STDs
- Impact operational readiness

Alcohol Misuse Prevention



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Trends in Percent of Heavy Alcohol Use by Service

	1985	1988	1992	1995	1998
Air Force	17.5	16.1	12.9	12.0	14.7
Army	26.7	23.2	23.0	21.2	21.7
Marine Corps	26.9		32.5	30.7	30.4	33.5
Navy	27.3	16.3	16.6	23.9	18.2

Source: DoD Surveys of Health Related Behaviors Among Military Personnel series, 1985 to 1998; percentages have been adjusted for socio-demographic changes within services over time.

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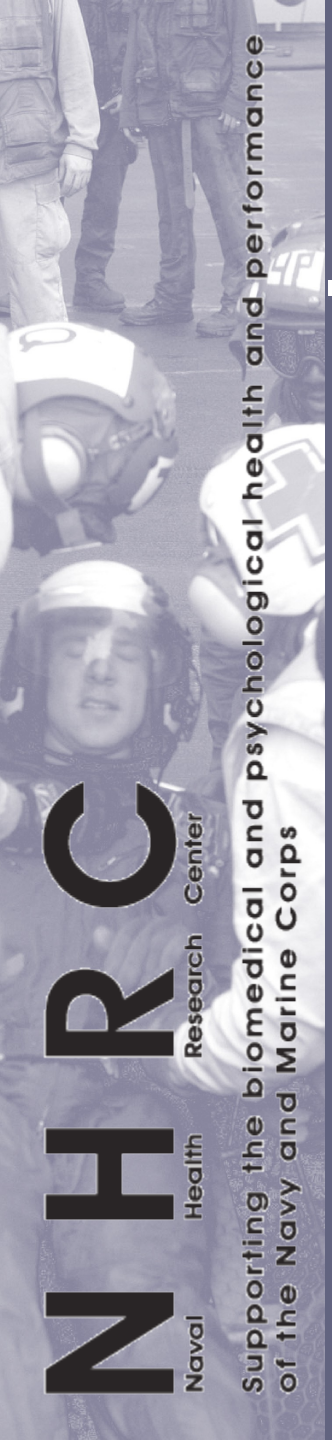
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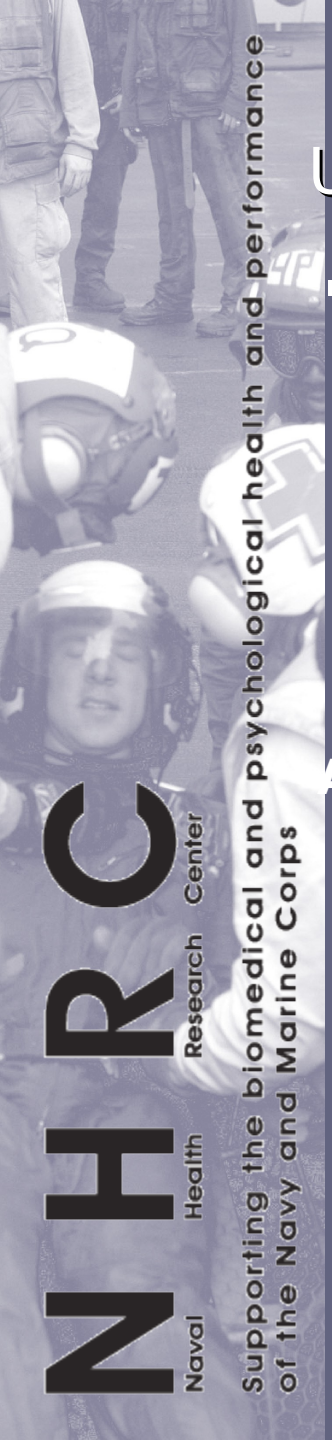
Alcohol-Related Problems in MC

Problem	Overall	Heavy Drinkers
Fights	13%	26%
Trouble with police	6%	11%
Trouble on the job	5%	9%
Difficulty handling problems	4%	7%
Worked below normal performance level	21%	36%
Late or left work early	11%	19%
Drunk while working	8%	16%

USMC Alcohol Misuse Reduction Campaign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MWR Campaign
Alcohol
Promoting Alternatives
Deglamorization

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Program Approach and Evaluation

- Evidence-based, cognitive-behavioral approach
- Small group, interactive prevention program

Trainers

E6-E9, Officers

E4-E5s

E1-E3s

- Evaluation: Repeated-measures (self-reported alcohol use, legal incidents, counseling referrals) with control group

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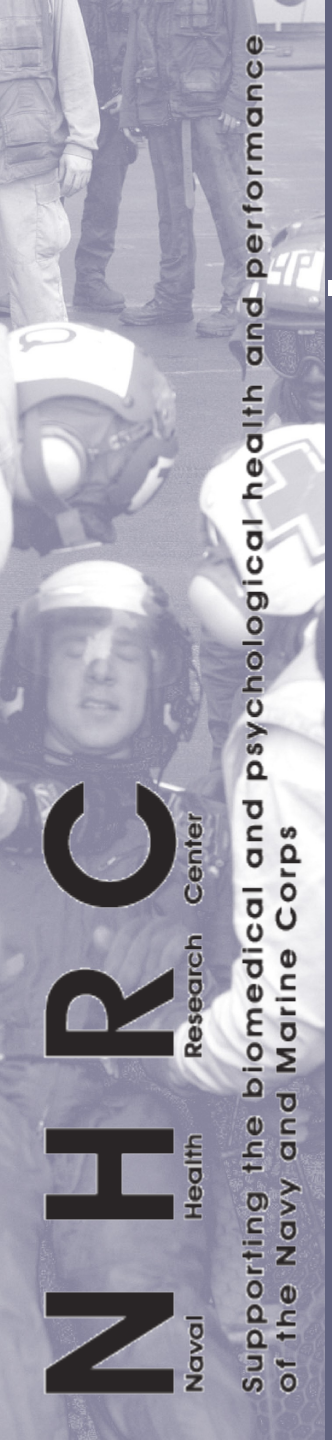
Marine Corps Air Station Miramar
... Home of the 3rd Marine Aircraft Wing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Training Tools for Alcohol and Substance Abuse Prevention

- **USMC Battalion Alcohol Skills Intervention Curriculum**
  - **Trainer's Guide**
  - **Squad/Unit Leader's Guide**
- **Web-based brief intervention for alcohol use**
- **SACO Information and Reference Guide CD-ROM**

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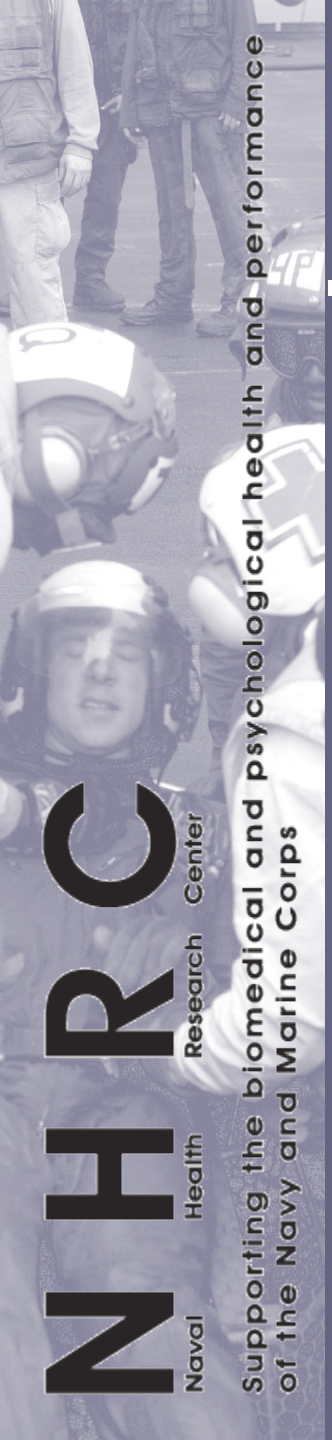
Operational Costs of Tobacco Use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- Higher attrition rates
- Lower physical performance
- More overuse injuries
- Greater risk of illness, infection
- Slower healing
- More lost work days

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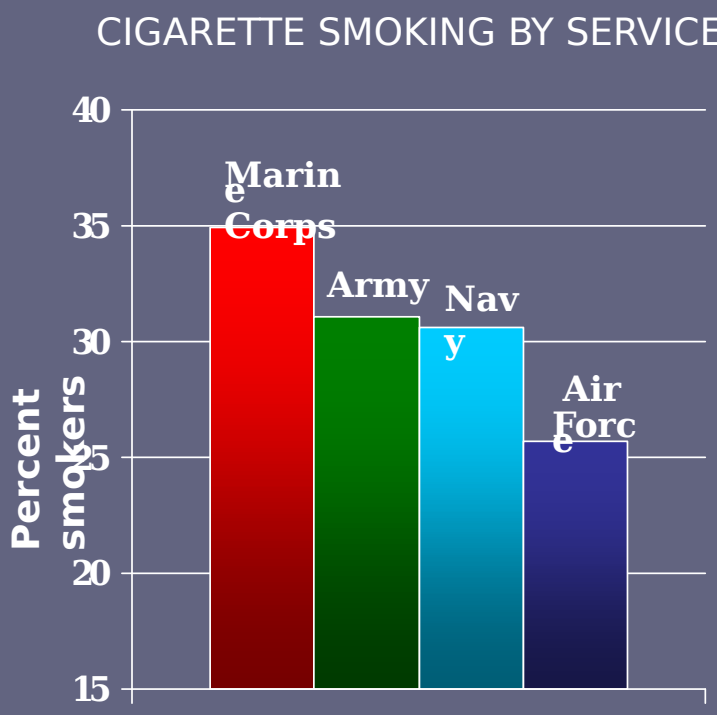
DoD Priority: Tobacco Cessation



Source: Bray et al, 1999: 1999 DoD Survey of Health Related Behaviors Among Military Personnel.

"Cigarette smoking is the single most preventable cause of disease and death in the United States."

-Surgeon General

"Develop programs that significantly reduce smoking cessation recidivism following initial entry training."

-Military Operational Medicine

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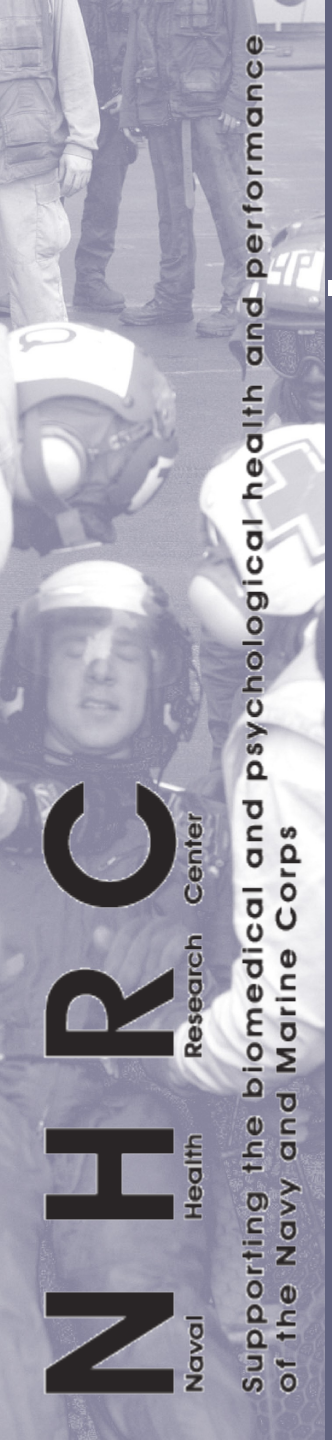
Tobacco Use Among New Marines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- Over 50% of entering MCRD recruits are tobacco users
- Tobacco ban is good policy, but does not address *motivation* to quit or *skills* for remaining tobacco-free
- Most resume smoking/dipping after graduation
- Continued use promotes addiction, compromises mission readiness

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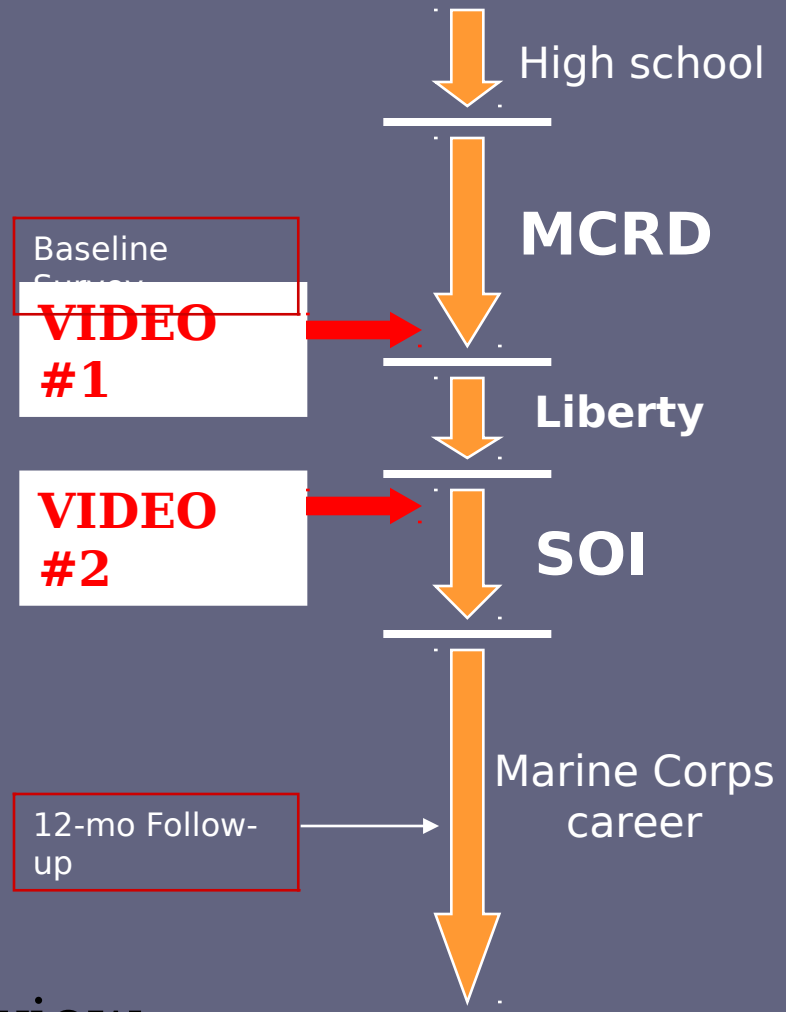
Tobacco Cessation Intervention for Marine Corps Recruits

- **Develop two short (15-min) training videos**
- **Bracket the post-graduation liberty period**
  - **#1 = Last week of boot camp**
  - **#2 = First week of SOI**
- **Evaluate effectiveness**
  - **Randomized control design**
  - **One-year follow-up**



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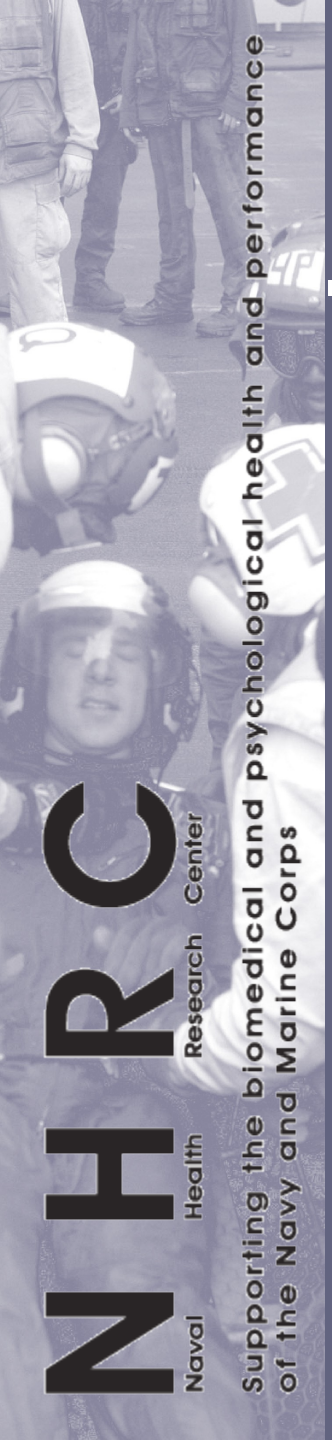
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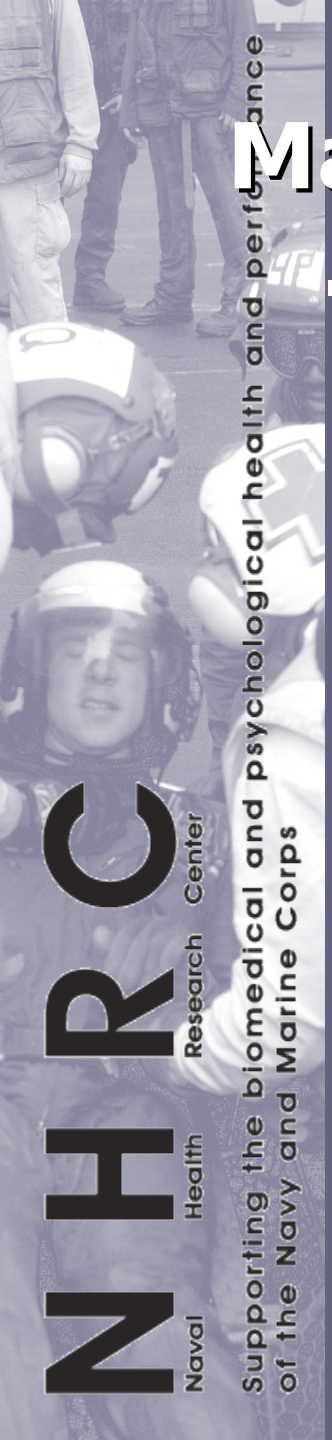
Payoffs for the Fleet

- Self-contained tobacco intervention package practical for delivery in training environment
- Help insure training investment in recruit health and fitness
- Capitalize on tobacco ban to achieve permanent abstinence; reduce overall tobacco rates in the Marine Corps
- Enhance operational readiness
- Reduce costs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Marine Corps Drug Prevention

Objective: The overall objective of this 3-year effort is to reduce drug use within the Marine Corps

- **Conduct a needs assessment of the USMC drug prevention efforts**
- **Review existing drug prevention programs**
- **Develop a USMC specific program**
- **Year 3: Conduct a pilot evaluation of the program**

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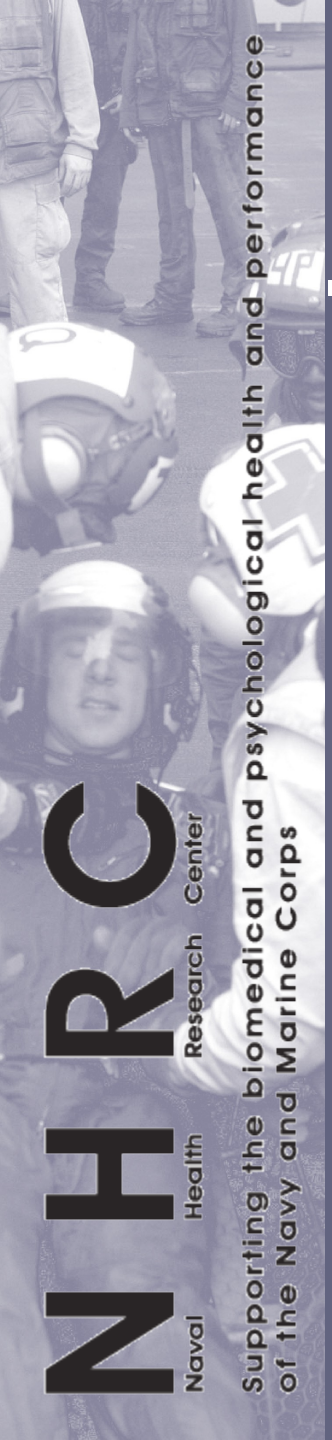
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Marine Corps Drug Prevention

Needs Assessment Results

A USMC specific drug prevention program should:

- **Improve the randomness of drug testing**
- **Clarify the zero tolerance policy**
- **Adopt educational strategies that have been effective in existing programs**

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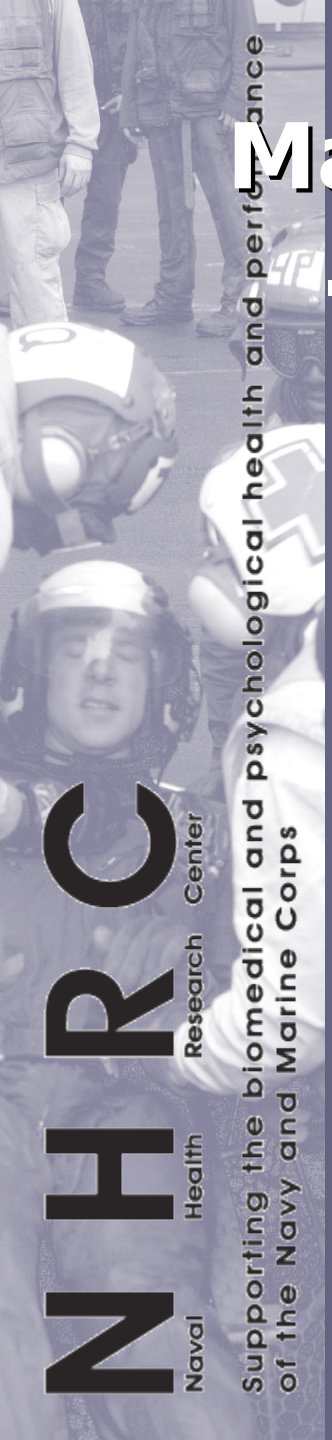
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Marine Corps Drug Prevention

Program Review Results

A USMC specific drug prevention education program should be:

- **Interactive**
- **Norm-Setting**
- **Comprehensive**

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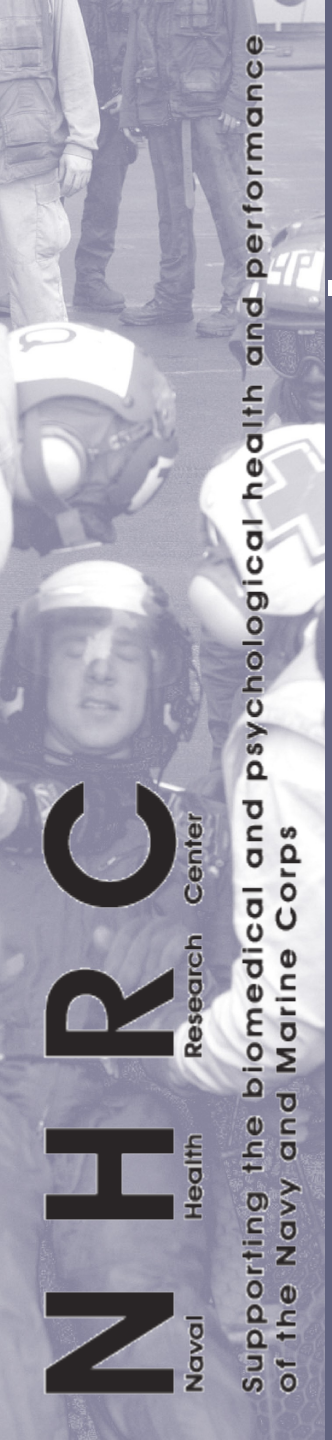
Marine Corps Drug Prevention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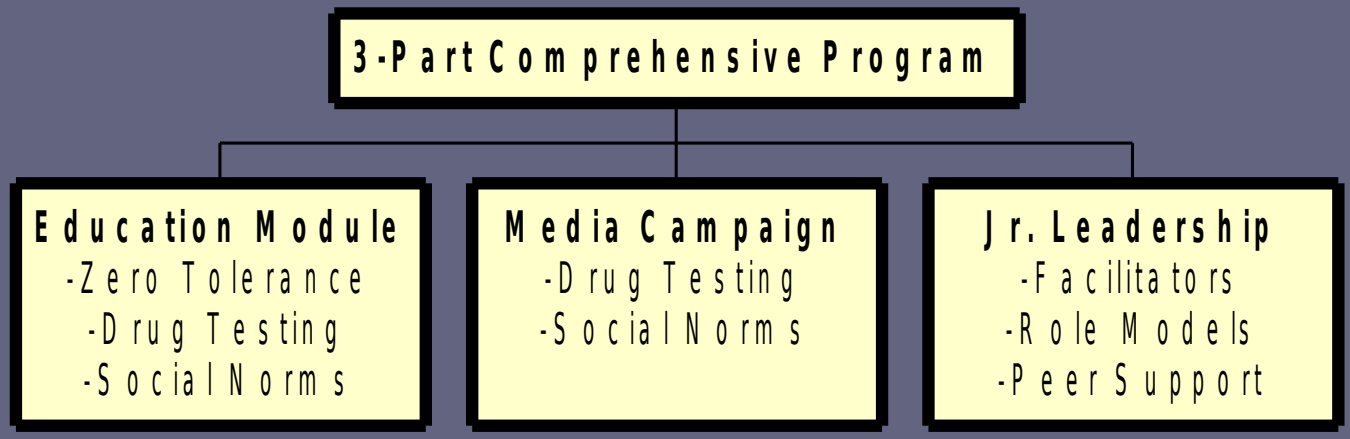
Program Structure



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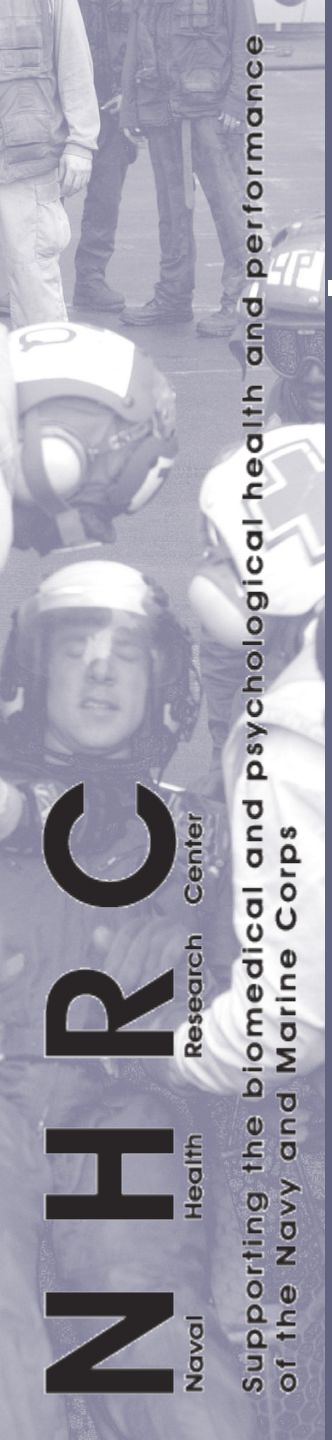
Marine Corps Drug Prevention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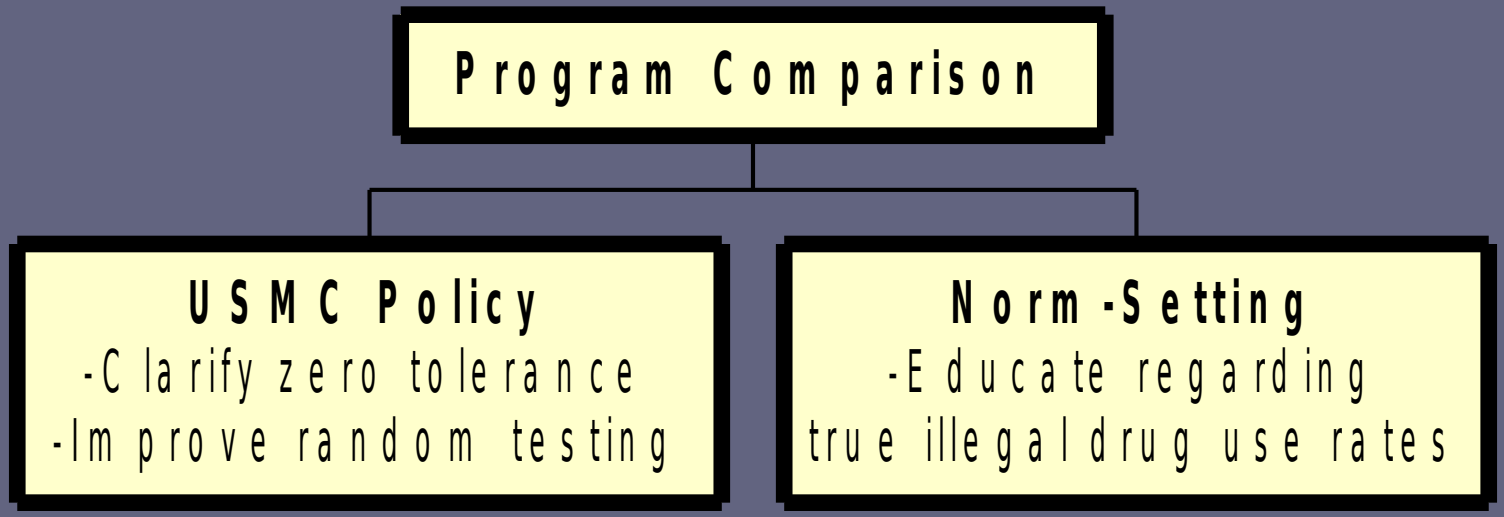
Evaluation



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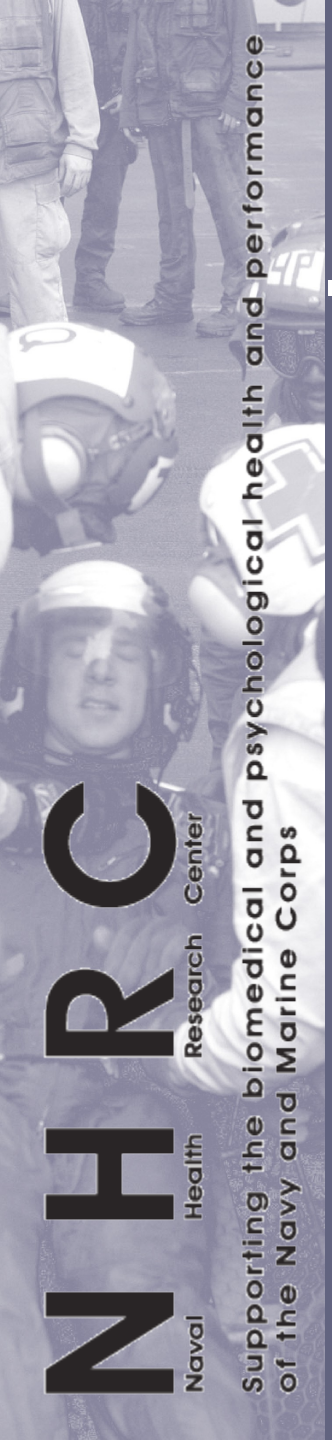
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Summary

- **Develop, test, implement health promotion interventions**
- **Respond to your command's health-related issues**